



Only 26% of Americans say they get at least eight hours of sleep, new Gallup poll says

By DEEPTI HAJELA and LINLEY SANDERS
Associated Press

NEW YORK (AP) — If you're feeling — YAWN — sleepy or tired while you read this and wish you could get some more shut-eye, you're not alone. A majority of Americans say they would feel better if they could have more sleep, according to a new poll. But in the U.S., the ethos of grinding and pulling yourself up by your own bootstraps is ubiquitous, both in the country's beginnings and our current environment of always-on technology and work hours. And getting enough sleep can seem like a dream. The Gallup poll, released Monday, found 57% of Americans say they would feel better if they could get more sleep, while only 42% say they are getting as much sleep as they need. That's a first in Gallup polling since 2001; in 2013, when Americans were last asked, it was just about the reverse — 56% saying they got the needed sleep and 43% saying they didn't.

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A woman and her dog nap between rain showers at Schenley Park, Tuesday, May 4, 2021 in Pittsburgh.

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Alto Vista chapel and its link to Aruba's origins



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Ronde van Aruba held its 32nd event with over 700 participants!



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Only 26% of Americans say they get at least eight hours of sleep, new Gallup poll says

Continued from front

Younger women, under the age of 50, were especially likely to report they aren't getting enough rest. The poll also asked respondents to report how many hours of sleep they usually get per night: Only 26% said they got eight or more hours, which is around the amount that sleep experts say is recommended for health and mental well-being. Just over half, 53%, reported getting six to seven hours. And 20% said they got five hours or less, a jump from the 14% who reported getting the least amount of sleep in 2013. (And just to make you feel even more tired, in 1942, the vast majority of Americans were sleeping more. Some 59% said they slept eight or more hours, while 33% said they slept six to seven hours. What even IS that?)

THE REASONS AREN'T EXACTLY CLEAR

The poll doesn't get into reasons WHY Americans aren't getting the sleep they need, and since Gallup last asked the question in 2013, there's no data breaking down the particular impact of the last four years and the pandemic era.

But what's notable, says Sarah Fioroni, senior researcher at Gallup, is the shift in the last decade toward more Americans thinking they would benefit from more sleep and particularly the jump in the number of those saying they get five or less hours.

"That five hours or less category ... was almost not re-



A traveler takes a nap as he waits for a ride outside Miami International Airport, Friday, July 1, 2022, in Miami.

ally heard of in 1942," Fioroni said. "There's almost nobody that said they slept five hours or less." In modern American life, there also has been "this pervasive belief about how sleep was unnecessary — that it was this period of inactivity where little to nothing was actually happening and that took up time that could have been better used," said Joseph Dzierzewski, vice president for research and scientific affairs at the National Sleep Foundation. It's only relatively recently that the importance of sleep to physical, mental and emotional health has started to percolate more in the general population, he said.

And there's still a long way to go. For some Americans, like Justine Broughal, 31, a self-employed event planner with two small children, there simply aren't enough

hours in the day. So even though she recognizes the importance of sleep, it often comes in below other priorities like her 4-month-old son, who still wakes up throughout the night, or her 3-year-old daughter. "I really treasure being able to spend time with (my children)," Broughal says. "Part of the benefit of being self-employed is that I get a more flexible schedule, but it's definitely often at the expense of my own care."

THERE'S A CULTURAL BACKDROP TO ALL THIS, TOO

So why are we awake all the time? One likely reason for Americans' sleeplessness is cultural — a longstanding emphasis on industriousness and productivity.

Some of the context is much older than the shift documented in the poll. It includes the Protestants from European countries who colonized the country, said

Claude Fischer, a professor of sociology at the graduate school of the University of California, Berkeley. Their belief system included the idea that working hard and being rewarded with success was evidence of divine favor.

"It has been a core part of American culture for centuries," he said. "You could make the argument that it ... in the secularized form over the centuries becomes just a general principle that the morally correct person is somebody who doesn't waste their time."

Jennifer Sherman has seen that in action. In her research in rural American communities over the years, the sociology professor at Washington State University says a common theme among people she interviewed was the importance of having a solid work ethic. That applied not only to paid labor but unpaid

labor as well, like making sure the house was clean.

A through line of American cultural mythology is the idea of being "individually responsible for creating our own destinies," she said. "And that does suggest that if you're wasting too much of your time ... that you are responsible for your own failure." "The other side of the coin is a massive amount of disdain for people considered lazy," she added.

Broughal says she thinks that as parents, her generation is able to let go of some of those expectations. "I prioritize ... spending time with my kids, over keeping my house pristine," she said.

But with two little ones to care for, she said, making peace with a messier house doesn't mean more time to rest: "We're spending family time until, you know, (my 3-year-old) goes to bed at eight and then we're resetting the house, right?"

THE TRADEOFFS OF MORE SLEEP

While the poll only shows a broad shift over the past decade, living through the COVID-19 pandemic may have affected people's sleep patterns. Also discussed in post-COVID life is "revenge bedtime procrastination," in which people put off sleeping and instead scroll on social media or binge a show as a way of trying to handle stress.

Liz Meshel is familiar with that. The 30-year-old American is temporarily living in Bulgaria on a research grant, but also works a part-time job on U.S. hours to make ends meet. □



Associate Justice Clarence Thomas joins other members of the Supreme Court as they pose for a new group portrait, at the Supreme Court building in Washington, Oct. 7, 2022.

Associated Press

Justice Thomas misses Supreme Court session Monday with no explanation

WASHINGTON (AP) — Supreme Court Justice Clarence Thomas was absent from the court Monday with no explanation.

Thomas, 75, also was not participating remotely in arguments, as justices sometimes do when they are ill or other-

wise can't be there in person. Chief Justice John Roberts announced Thomas' absence, saying that his colleague would still participate in the day's cases, based on the briefs and transcripts of the arguments. The court sometimes, but not always,

says when a justice is out sick. Thomas was hospitalized two years ago with an infection, causing him to miss several court sessions. He took part in the cases then, too.

He is the longest serving of the current justices, joining the Supreme Court in 1991. □

New rules for Pregnant Workers Fairness Act include divisive accommodations for abortion

By **CLAIRE SAVAGE and AL-EXANDRA OLSON**

AP Business Writers

NEW YORK (AP) — Workers are entitled to time off and other job accommodations for abortions along with pregnancy-related medical conditions like miscarriage, stillbirth and lactation under the Pregnant Workers Fairness Act, according to finalized federal regulations published Monday.

The regulations provide guidance for employers and workers on how to implement the law, which passed with robust bipartisan Congressional support in December 2022 but sparked controversy last year when the Equal Employment Opportunity Commission included abortions in its draft rules. The language means that workers can ask for time off to obtain an abortion and recover from the procedure. The EEOC says its decision to keep the abortion provisions in its final rules despite criticism from some conservatives is consistent with its own longstanding interpretation of Title VII, as well as court rulings. The federal agency added that the new law does not obligate employers or employer-sponsored health plans to cover abortion-related



An exam room is seen inside Planned Parenthood on March 10, 2023, in Fairview Heights, Ill. Associated Press

costs, and that the type of accommodation that most likely will be sought under the Pregnant Workers Fairness Act regarding an abortion is time off to attend a medical appointment or for recovery, which does not have to be paid. The act requires most employers with 15 or more employees to provide "reasonable accommodations" for a worker's known limitations related to pregnancy, childbirth, or related medical conditions including fertility and infertility treatments in some cases unless

the accommodation will cause the employer an undue hardship.

The EEOC's regulations, which will be used as a framework to enforce the law, will go into effect on June 18.

Labor advocates hailed the new law as especially important for women of color who are most likely to work in low-wage, physically demanding jobs but are often denied accommodations for everything from time off for medical appointments to the ability to sit or stand on the job.

Major business groups also supported the law, citing the need for clarity about the accommodations that employers are required to give pregnant workers.

"No one should have to risk their job for their health just because they are pregnant, recovering from childbirth, or dealing with a related medical condition," said EEOC Chair Charlotte A. Burrows on Monday. But Republican lawmakers and anti-abortion activists denounced the EEOC's inclusion of abortion after the agency first released its

proposed rule in August for a monthlong public commentary period. Abortion rights proponents, meanwhile, applauded the provision as critical at time when abortion rights have been curtailed in many states following the U.S. Supreme Court's 2022 decision to overturn *Roe v. Wade*. The EEOC is composed of three Democratic commissioners and two Republican commissioners.

Sen. Bill Cassidy of Louisiana, the lead Republican sponsor of the Pregnant Workers Fairness Law, accused the Biden administration on Monday of "shocking and illegal" disregard of the legislative process to promote a political agenda.

The Alliance Defending Freedom, a conservative Christian legal organization, said the Biden administration was trying to "smuggle an abortion mandate" into the law.

But in comments submitted to the EEOC, the American Civil Liberties Union applauded the agency for "recognizing that abortion has for decades been approved under the law as a 'related medical condition' to pregnancy that entitles workers to reasonable accommodations, including time off to obtain abortion care." □

Biden administration agrees to provide \$6.4 billion to Samsung for making computer chips in Texas

By **JOSH BOAK**

Associated Press

WASHINGTON (AP) — The Biden administration has reached an agreement to provide up to \$6.4 billion in direct funding for Samsung Electronics to develop a computer chip manufacturing and research cluster in Texas. The funding announced Monday by the Commerce Department is part of a total investment in the cluster that, with private money, is expected to exceed \$40 billion. The government support comes from the CHIPS and Science Act, which President Joe Biden signed into law in 2022 with the goal of reviving the production of advanced computer chips domestically. "The proposed project will

propel Texas into a state of the art semiconductor ecosystem," Commerce Secretary Gina Raimondo said on a call with reporters. "It puts us on track to hit our goal of producing 20% of the world's leading edge chips in the United States by the end of the decade."

Raimondo said she expects the project will create at least 17,000 construction jobs and more than 4,500 manufacturing jobs. Samsung's cluster in Taylor, Texas, would include two factories that would make four- and two-nanometer chips.

Also, there would be a factory dedicated to research and development, as well as a facility for the packaging that surrounds chip components. □



The logo of the Samsung Electronics Co. is seen during a media tour at Samsung Electronics' headquarters in Suwon, South Korea, June 13, 2023.

Associated Press

Bureau of Prisons to close California women's prison where inmates have been subjected to sex abuse

By **MICHAEL R. SISAK, MICHAEL BALSAMO and CHRISTOPHER WEBER**
Associated Press

LOS ANGELES (AP) — The beleaguered federal Bureau of Prisons said Monday it will close a women's prison in California known as the "rape club" despite attempts to reform the troubled facility after an Associated Press investigation exposed rampant staff-on-inmate sexual abuse.

Bureau of Prisons Director Colette Peters said in a statement to the AP that the agency had "taken unprecedented steps and provided a tremendous amount of resources to address culture, recruitment and retention, aging infrastructure and most critical employee misconduct."

"Despite these steps and resources, we have determined that FCI Dublin is not meeting expected standards and that the best course of action is to close the facility," Peters said. "This decision is being made after ongoing evaluation of the effectiveness of those unprecedented steps and additional resources."

The announcement of Dublin's closure represents



The Federal Correctional Institution stands in Dublin, Calif., Dec. 5, 2022.

Associated Press

an extraordinary acknowledgment by the Bureau of Prisons that its much-promised efforts to improve the culture and environment there have not worked. Many attempts to stem the problems at Dublin have come after the AP investigation revealed a pattern of abuse and mismanagement that crossed years, even decades.

Just 10 days before the closure announcement, a federal judge took the un-

precedented step of appointing a special master to oversee the prison.

ADVOCATES WANT PRISONERS FREED

FCI Dublin, about 21 miles (34 kilometers) east of Oakland, is one of six women-only federal prisons and the only one west of the Rocky Mountains. It currently houses 605 inmates: 504 inmates in its main prison and another 101 at an adjacent minimum-security camp. That figure is down from a

total of 760 prisoners in February 2022.

The women currently housed at the prison will be transferred to other facilities, Peters said, and no employees will lose their jobs.

Advocates have called for inmates to be freed from FCI Dublin, which they say is not only plagued by sexual abuse but also has hazardous mold, asbestos and inadequate health care.

Last August, eight FCI Dub-

lin inmates sued the Bureau of Prisons, or BOP, alleging the agency had failed to root out sexual abuse. Amaris Montes, a lawyer for the plaintiffs, had said inmates continued to face retaliation for reporting abuse, including being put in solitary confinement and having belongings confiscated.

Montes said she and her clients had suspected closure might be a possibility, but the suddenness of the decision so quickly after the special master appointment came as a shock. "It's a signal that the prison knows that they are not meeting constitutional standards to keep people safe from sexual assault and sexual harassment," Montes said Monday.

Montes said timing on the closure and transfer of inmates was still being worked out, but she hoped it would be done in a measured way.

"I think that the BOP is quick to try to transfer accountability and move accountability elsewhere as the way to remedy the issue. And that would mean, you know, moving people quickly without addressing people's needs right now." □

Supreme Court allows Idaho to enforce its ban on gender-affirming care for transgender youth

WASHINGTON (AP) — The Supreme Court is allowing Idaho to enforce its ban on gender-affirming care for transgender youth while lawsuits over the law proceed, reversing lower courts.

The justices' order Monday allows the state to put in a place a 2023 law that subjects physicians to up to 10 years in prison if they provide hormones, puberty blockers or other gender-affirming care to people under age 18.

Under the court's order, the two transgender teens who sued to challenge the law still will be able to obtain

care.

The court's three liberal justices would have kept the

law on hold.

A federal judge in Idaho had blocked the law in its



The Supreme Court of the United States is seen in Washington, March 26, 2024.

Associated Press

entirety after determining that it was necessary to do so to protect the teens, who are identified under pseudonyms in court papers.

Opponents of the law have said it will likely increase suicide rates among teens. The law's backers have said it is necessary to "protect children" from medical or surgical treatments for gender dysphoria, though there's little indication that gender-affirming surgeries are being performed on transgender youth in Idaho. Gender-affirming care for youth is supported by every major medical organiza-

tion, including the American Medical Association, the American Academy of Pediatrics and the American Psychiatric Association.

Medical professionals define gender dysphoria as severe psychological distress experienced by those whose gender identity differs from their sex assigned at birth.

The action comes as the justices also may soon consider whether to take up bans in Kentucky and Tennessee that an appeals court allowed to be enforced in the midst of legal fights. □

The Philippine president says he won't give U.S. access to more local military bases

By AARON FAVILA

Associated Press **MANILA, Philippines (AP)** —

The Philippine president said Monday his administration has no plan to give the United States access to more Philippine military bases and stressed that the American military's presence in several camps and sites so far was sparked by China's aggressive actions in the disputed South China Sea. President Ferdinand Marcos Jr., who took office in 2022, allowed American forces and weapons access to four additional Philippine military bases, bringing to nine the number of sites where U.S. troops can rotate indefinitely under a 2014 agreement.

The Biden administration has been strengthening an arc of security alliances in the region to better counter China, a move that dovetails with Philippine efforts to shore up its external defense, especially in the South China Sea. Marcos'



Philippine President Ferdinand Marcos Jr. answers questions during a forum of the Foreign Correspondents Association of the Philippines on Monday, April 15, 2024, in Manila, Philippines.

decision last year alarmed China because two of the new sites were located just across from Taiwan and southern China. Beijing accused the Philippines of

providing American forces with staging grounds, which could be used to undermine its security. "The Philippines has no plans to create any more

bases or give access to any more bases," Marcos said, without elaborating in response to a question during a forum with Manila-based foreign correspondents.

Associated Press

Asked if he was concerned that allowing the U.S. military access to Philippine bases had provoked Chinese actions in the South China Sea, Marcos said the presence of U.S. troops was in response to China's moves.

"These are reactions to what has happened in the South China Sea, to the aggressive actions that we have had to deal with," he said, mentioning Chinese coast guard vessels using water cannons and lasers to deter Philippine ships from the area Beijing claims as its own.

He also mentioned collisions, blocking of Filipino fishermen and sea barriers to block ships from Scarborough Shoal, which lies in the Philippine economic zone. Under Marcos, the Philippines has adopted a strategy of publicizing the incidents by allowing journalists to board its patrol ships to witness China's assertive actions. □

Azerbaijan urges top U.N. court to toss out Armenian case alleging racial discrimination

By MIKE CORDER

Associated Press

THE HAGUE, Netherlands (AP) —

Lawyers for Azerbaijan on Monday urged the top United Nations court to throw out a case filed by Armenia linked to the long-running dispute over the Nagorno-Karabakh region, arguing that judges do not have jurisdiction.

Armenia filed the case at the International Court of Justice in 2021, accusing Azerbaijan of a "state-sponsored policy of Armenian hatred" that has led to "systemic discrimination, mass killings, torture and other abuse."

The legal dispute stems from long-standing tensions that erupted into a 2020 war over Nagorno-Karabakh that left more than 6,600 people dead. The region is within Azerbaijan, but had been under the control of ethnic Armenian forces backed by

Armenia since the end of a separatist war in 1994.

Armenia's case is based on an international convention on stamping out racial discrimination, which has a clause allowing disputes to be resolved by the world court if bilateral negotiations fail to broker a settlement. However, Azerbaijani deputy Foreign Minister Elhur Mammadov told judges Monday that Armenia could not bring the dispute to the court in The Hague, arguing that the two countries had not first engaged in serious negotiations.

"Armenia had its sights firmly set on commencing these proceedings before the court and using the effect of these proceedings to wage a public media campaign against Azerbaijan," Mammadov said.

International law professor Stefan Talmon, represent-

ing Azerbaijan, added that Armenia "never gave negotiations a chance."

He said that "with no negotiations and no genuine attempt at negotiations, that basically is the end of Armenia's application" to the court.

Azerbaijan also argued that most allegations in Armenia's case fall outside the scope of the discrimination convention, meaning the court did not have jurisdiction. Armenia is scheduled to respond Tuesday to Azerbaijan's arguments.

Azerbaijan has also brought a case against Armenia at the world court alleging breaches of the same convention. Objections filed by Armenia to the Azerbaijani case will be heard later this month.

The 2020 conflict ended with a Russia-brokered ceasefire agreement that granted



Presiding judge Joan Donoghue, center, opens preliminary hearings in a case at the International Court of Justice, or World Court, in The Hague, Netherlands, Thursday, Oct. 12, 2023.

Associated Press

Azerbaijan control over parts of Nagorno-Karabakh as well as some adjacent territories.

Azerbaijan waged a lightning military campaign in Nagorno-Karabakh last year that resulted in the vast majority of the region's 120,000 residents fleeing.

In December, the two sides agreed to begin negotiations on a peace treaty. However, many residents of Armenia's border regions have resisted the demarcation effort, seeing it as Azerbaijan encroaching on areas they consider their own. □

Horried worshippers watch online and in person as a bishop is stabbed at a church in Sydney

By **MARK BAKER and ROD MCGUIRK**

Associated Press

SYDNEY (AP) — Horrified worshippers watched online and in person as a 15-year-old boy stabbed a bishop and a priest during a church service in Sydney on Monday evening before the congregation overpowered him, police said.

A crowd of hundreds seeking revenge gathered outside the Orthodox Assyrian church, hurling bricks and bottles, injuring police officers and preventing police from taking the teen outside, officials said.

There were no life-threatening injuries. Bishop Mar Mari Emmanuel and priest Isaac Royel, the teen and at least two police officers were hospitalized, Acting Assistant Police Commissioner Andrew Holland told journalists.

The church in a message on social media said the bishop and priest were in stable condition and asked for people's prayers. "It is the bishop's and father's wishes that you also pray for the perpetrator," the statement said.

The Christ the Good Shepherd in suburban Wakeley



Security officers stand guard outside Orthodox Assyrian church in Sydney, Australia, Monday, April 15, 2024.

streams sermons online. A video on social media shows a male dressed in black approaching the bishop at the altar and stabbing him repeatedly in the head and upper body. Members of the congregation scream and rush to stop it.

Holland commended the congregation for subduing the teen before calling police. When asked if the teen's fingers had been

severed, he said the hand injuries were "severe."

More than 100 police reinforcements arrived before the teen was taken from the church in the hourslong incident. Several police vehicles were damaged, Holland said.

"A number of houses have been damaged. They've broken into a number of houses to gain weapons to throw at the police. They've thrown weapons

and items at the church itself. There were obviously people who wanted to get access to the young person who caused the injuries to the clergy people," he said.

Authorities did not immediately report a motive for the attack.

Australians were still in shock after a lone assailant stabbed six people to death in a Sydney shopping mall on Saturday and

injured more than a dozen others.

Holland suggested the weekend attack heightened the community's response to the church stabbing.

"Given that there has been incidents in Sydney the last few days with knives involved, obviously there's concerns," he said. "We've asked for everyone to think rationally at this stage. We spoke to community leaders and members of the community to speak to their local people, to try and keep people calm."

The premier of New South Wales, Chris Minns, described the scenes as "disturbing" on social media and urged the community to remain calm and "stick together." Religious leaders expressed shock and condolences.

Fairfield Mayor Frank Carbone, leader of the neighboring municipal government, described the bishop as a community leader. "This is a very emotional situation. Obviously the community is very upset," Carbone told Sky News.

Christ the Good Shepherd had been preparing for Palm Sunday later this month. □

Associated Press

Israel orders eviction of Palestinian family from east Jerusalem property, reigniting a legal battle

By **JACK JEFFERY**

Associated Press

JERUSALEM (AP) — An Is-

raeli court on Monday ordered the eviction of a Palestinian family in a con-

tested neighborhood of east Jerusalem, the latest in a legal saga that has come to symbolize the conflicting claims to the holy city.

The Sheikh Jarrah neighborhood has been the focus of a long-running battle between government-backed Israeli settlers and longtime Palestinian residents. It's part of a broader trend of settlers encroaching on Palestinian neighborhoods in contested east Jerusalem, and previous attempts at evictions in Sheikh Jarrah have led to violent clashes and helped spark an 11-day war between Israel and Hamas in 2021.

According to Monday's ruling, the Diab family was given until July to vacate the house in Sheikh Jarrah. The family said it would appeal.

The Israeli magistrate court described the case as a simple dispute over real estate, ruling that the extended Diab family was squatting in a property owned by Jews and had no legal rights to it. Palestinians say they have lived in the homes for decades.

The case against the family was launched by Nahalat Shimon Ltd, a Jewish settler organization that for years has been involved in legal efforts to evict Palestinian

families from Sheikh Jarrah. Israel captured east Jerusalem in the 1967 Mideast war and annexed the area in a move that is not internationally recognized. Israel considers the entire city its capital, while the Palestinians seek east Jerusalem, home to the city's most sensitive holy sites, as the capital of their future independent state.

Nahalat Shimon is trying to seize the property under an Israeli law allowing Jews to reclaim properties that were Jewish before Israel was established in 1948. Jordan controlled the area between 1948 and the 1967 war. □



A Palestinian resident of the Sheikh Jarrah neighborhood of east Jerusalem stands near a sidewalk, Nov. 2, 2021.

Associated Press

Khaleesi's memory was kept alive during the Walk of Light this past weekend



(Oranjestad)—This past Saturday, Aruba saw an overwhelming support from both locals and tourist for the viral dog Khaleesi. Dressed in all white—and even accompanied by their own dogs, volunteers and supported participated in a silent walk dedicated to the memory of Khaleesi and to raise awareness for the negligence and abuse of dogs.

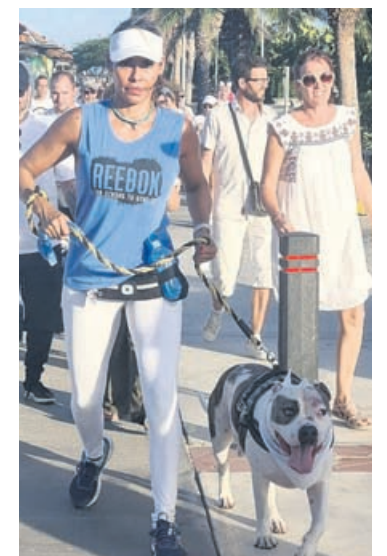
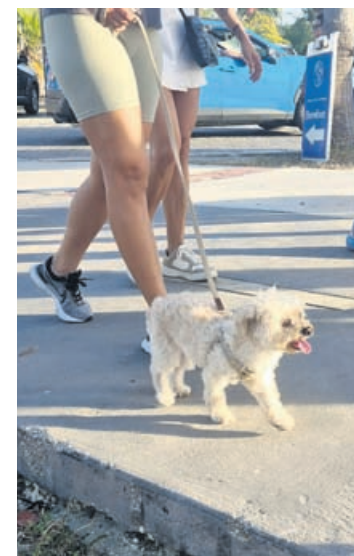
Khaleesi's story broke late March, when volunteers at the Luna Foundation found the pup in a horrible state, and having just given birth to five little puppies. This story went viral on the island, as people were shocked and heartbroken about

the situation. This story connected with tourists as well, as Luna Foundation is known among visitors in the US and other countries. Many locals expressed their deepest sympathies and frustrations, and many donated to the foundation to help the pup. Unfortunately, Khaleesi herself did not make it to recovery, but her story sparked an aggressive call for action.

Last Saturday, one of the organizers of the Walk of Light, Zoey Conijn-Berkel from Luna Foundation Aruba Inc., assured that she was satisfied and proud to see how many people attended the animal abuse awareness event. "It's a

good feeling to see how many people came." It's not possible to say exactly how many people there were, but Conijn-Berkel ensured that they managed to sell more than 800 T-shirts, and that may be an indicator—although it may also be that some did not manage to attend. Nevertheless, the support was overwhelming, and it showed how much people care about the well-being of our pets and animals in general.

Notably, tourists were also present at the event, and the Dutch media team, NOS, came to Aruba to cover the event, "so the world can see that it's not



just about aggression or abuse, it's about change, a change for our pets, not just dogs."

Conijn-Berkel added that the foundations will continue to urge the government to adjust the law. "They don't need to write a new law, they can copy and paste the one from the Netherlands; there needs to be a change in the law, otherwise we'll keep going in circles," she said. "The walk is to calm people and

focus directly on what's happening with animal abuse on our island. What happened with Khaleesi is not an isolated case; this has been happening for years, it's just that what happened with her went viral and got extra attention."

Among those present, other foundations, people walking their dogs, and even children standing against this type of action against our animals were also seen. □



Alto Vista chapel and its link to Aruba's origins



According to Etnia Nativa, in the 18th century most of the inhabitants of Aruba were indigenous who lived on the north coast, one of the largest communities lived in Alto Vista.

As they were very religious, they had a chief with the name of Antonio Silvester who guided them in the Christian life and it was he who decided to build a stone chapel with a roof of corn rods, which would serve as a place of prayer. In 1750 it was blessed by Father Algemesi who came from Coro-Venezuela and appointed Domingo Antonio Silvester as the island's first prosecutor in the name of the Spanish crown and Rome. In 1752 the prosecution passed into the hands of Antonio Silvester's

son-in-law, Miguel Álvarez, who continued to guide the parishioners in their prayers.

According to the book, The History of Alto Vista by R.H. Nooyen, it is not known when Domingo Antonio Silvester came to Aruba from Venezuela. The elders believe Antonio was a Spaniard. In 1780, father Joseph Antonio de la Vegal called Bernardino Silvester, one of Antonio's sons with his wife Anna Cathalina Tromp, "neighbors and naturals of the island Aruba" and thus they became natives.

At the end of the eighteen century many inhabitants the island died as a result of the black fever epidemic and since people believed that the Alto Vista area was the most infected, they began to build their homes further south within the Noord area, so the town of Noord began to grow into a community till getting its own Church. However religious festivals continued to be celebrated at this sacred native place, with the custom of arriving in procession to Alto Vista.

Two-hundred years after the beautiful time of Alto Vista, people can no longer see much of the town of Alto Vista from 1750. With a lot of work they found the old foundations of the Church of the Queen of the Holiest Rosary to build a new chapel on the same place. The entire surrounding area was empty and desolated, making it hard to imagine that Alto Vista was a town at all. A hundred years later, people can

see the remains of around twenty houses, some made of stone and others of clay. Nowadays, only around six of these houses remain.

South of the chapel in the yard two graves can be observed, there was the cemetery which father Pablo de Algemesi blessed. It is not certain, but it is believed that the two graves belong to Antonio Silvester and Miguel Alvares, according to Nooyen. About 50 meters near the chapel there are still the markings of an old house, where Antonio and Bernardino Silvester would have lived. About 200 meters from the chapel there is a water tank which the locals call Tanki Cacique. In the past this tank was closed. But mostly water was brought out from the Poz di Noord, a well dug in the sand.

The chapel can be viewed from basically any point in the north side, even from Paradera and Sero Plat. All the historical remains around the chapel provide us with an idea on how the old people of Alto Vista used to live. Don't miss the opportunity to visit a place of historical significance with a window to Aruba's past. □

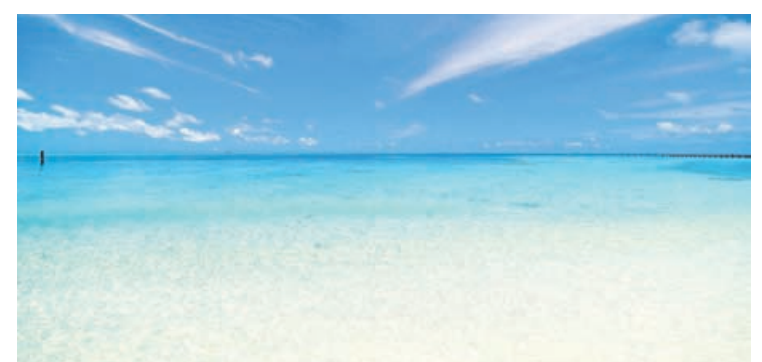


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Ronde van Aruba held its 32nd event with over 700 participants!

(Oranjestad)—One of the biggest sporting events on the island took place Friday night as runners were preparing themselves to embark on their toughest marathon race yet. Coupled in groups of 2 or more—some even went solo—over 700 runners tracked the marathon route stretching around 72 KM around the entire island.

Signaled by the sound of the starting pistol—set off by the prime minister of Aruba, Evelyn Wever-Croes, runners began their journey for an all-night run around the island. Starting at 8pm, the marathon began and ended at the Marine Barracks (Marinierskazerne) in Savaneta.

Singles and teams ran the route that stretched along the coast lines of Aruba, starting from Savaneta through San Nicolas, and going up to the northern coasts, passing through the Arikok National Park, Natural Bridge, Light house, down-town area and back to the starting point in Savaneta. The event lasted until the early hours of Saturday morning.

The Ronde van Aruba is the biggest marathon held on the island, and it sees regular runners from different athletic groups, companies or just friends and family. For this year's event, there were 13 categories, all dedicated to either single runners, duo, teams, companies and more. The winners for this year's Ronde van Aruba marathon is as follows:



SINGLE
DUO MEN
DUO WOMEN
DUO MIX
RELAY 120 YEARS
AND UNDER (GROUPS)
RELAY 121 TO 160 YEARS
RELAY 161 TO 200
RELAY 202 AND HIGHER
RELAY WOMEN 160 AND UNDER
RELAY WOMEN 161 AND HIGHER
RELAY MIX
MILITARY
PARTNER (OF RONDE VAN ARUBA)

Jordi Fransen —05:52:10
ViperStrong Duo (Jesus & Luuk) —06:02:37
Vack&Sanz (Monica & Pauline) —06:22:51
Brinkie & the Brain (Monica & Jerwin) —05:54:54

Team Bestial (Juan, Paul, William, Richard) —04:56:20
Super Food (Luis, Jurrien, Ruliano, Efi) —04:50:44
Bolero (Junior, Michael, Kel, John) —05:27:48
Pensionados (Rigoberto, Junior, Herman, Giovanni) —05:48:54
Amazonas (Kiara, Misha, Anna, Alena) —06:48:46
Bestial Girls (Shohaira, Jouraime, Yessayray, Jackie) —06:12:11
Falcons (Rebecca, Lana, Andre, Kevin) —05:03:24
UKNL (Andrew, Andrew, Jacob, Jamie) —05:13:57
Frisian Flag (Nahir, Rowalski, Israel, Randy) —06:14:06

Picture credit: PatrishiSports.



ORANJESTAD — You are back and we would like to portrait you! By inviting you to send us your favorite va-

Aruba to me

**cation picture while enjoy-
ing our Happy Island.**

Complete the sentence: Aruba to me is Send your picture with that text (including your name and where you are from) to: news@arubatoday.com and we will publish your vacation memory. Isn't that a special way to keep your best moments alive? Please do note: By submitting photos, text or any other materials, you give per-

mission to The Aruba Today Newspaper, Caribbean Speed Printers and any of its affiliated companies to use said materials, as well as names, likeness, etc. for promotional purposes without compensation. Last but not least: check out our website, Instagram and Facebook page! Thank you for supporting our free newspaper, we strive to make you a happy reader every day again. For today we received a

lovely message from our awesome visitors Rosa y Angel from Buenos Aires, Argentina.

They wrote to us saying: "Aruba to me is a heavenly place and we were not wrong in coming to spend our honeymoon."

Thank you for sending us this wonderful message sharing what Aruba means to you with us and our readers! □

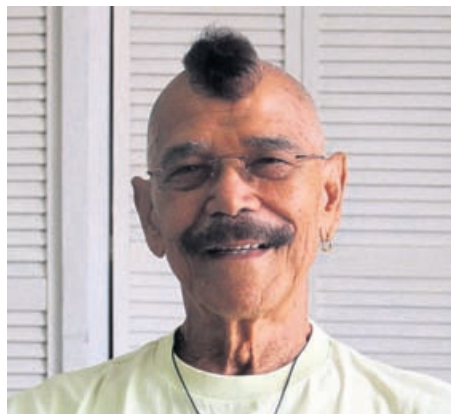
A brief history of the California Light House



(Oranjestad)—At the furthest western point of the island, there lies the tallest structure on the island: The California Light House. Standing on top of a limestone cliff, this lighthouse oversees the entire island, offering one of few best views of the island and the surrounding sea. It is also one of the few monuments that hold a rich history.

The lighthouse was constructed in between 1914-1916, and its first keeper was a young trained lighthouse keeper from Curacao names Jacob Jacobs. Mr. Frederico Fingal was the last man to have occupied this position until 1962. Though his son, Mr. Romulo Fingal did not continue in his father's footsteps, he does have a special connection to the lighthouse. He sat down with our reporter and shared a bit of its history.

As Mr. Fingal explains, "In 1915, cargo donkeys were hired from Figaroa di Noord to help build the Lighthouse at Westpunt. The donkeys had to walk along the beach all the way to Westpunt carrying the cargo, poles, cement, and all these things. At that time, it was a difficult task until Aruba got its first truck. These things reflect how people could have accomplished this tremendous job with so little." Mr. Fingal said, "At that time, it wasn't a place for people to work.



It was very challenging because it was full of goats and donkeys, and it was very isolated. There were no hotels or roads to get there. There was only a donkey trail. Those were the only means of transportation."

Mr. Fingal continues, "In 1939, I was born in the lighthouse, and my father was the last lighthouse keeper until he retired in 1962. After that, they removed the power cables all the way to the top. According to the story, we couldn't have the light ourselves because they dismantled it, and after many years, I heard that it is in a train museum in San Nicolas, where we found this very special lens that, when the light shines through it, it reaches 30 kilometers out to sea." Mr. Fingal told our reporter.

The lighthouse has a long and very interesting history. The reason why the lighthouse was built, according

to Mr. Fingal, dates back to the day when the cargo ship S.S. California sank because of the lack of light. In 1913, Aruba made a request to Curacao to build a Lighthouse at Westpunt, and the governor of Curacao responded to Aruba to come back in 1915 with a well-detailed plan. "During the First World War from 1914 to 1918, they had to wait for the light to be transported to Aruba because it was manufactured in France. At that time, there was no electricity, and the light was very interesting because it rotated with a kerosene lamp that planes used; clean kerosene," Mr. Fingal said.

Mr. Fingal discovered something very interesting about the lighthouse after much research was documented in his book 'History of the Lighthouse at Westpunt.' He found many details: "I found out that the height of the lighthouse was due to the absence of electricity. There was also the presence of coral. There is a long steel cable from where the light is, and under the light, at the highest point, there is a hanging weight, a sort of pendulum that swings like that, with a weight that measures about 1 meter by 30 centimeters wide, which is a block of solid iron attached to a cable. When you release it upwards, it comes down, and the weight that comes down

pulls it up, gradually. And while it comes down, the same weight that is descending causes many small wheels to turn in the opposite direction. The Lighthouse rotates from 6 pm in the evening, when the sun sets, until 6 am in the morning. During the entire night, the light shines on the lantern, it goes down 24 meters, and the Lighthouse is 30 meters high. It is designed not to collapse," Mr. Fingal explains.

Mr. Fingal further explains that in one night, the lighthouse rotates 4,320 times and consumes one gallon of kerosene for the whole operation. "At that time, the kerosene was supplied from the Lago refinery. Every day it was brought down, and to start the light again, they had to lift the weight up, so our job as children was to crank it and raise the weight back up in the evening when the light stuck, they would take it down again, and the light stayed down. That's how it worked for a very long time," Mr. Fingal explains.

Thanks to the Monument Fund Aruba, which worked hard and is currently in charge of the Lighthouse, Mr. Fingal is very happy with its preservation, along with all the renovations that have taken place. He hopes that the story of the lighthouse will continue to live on for future generations. □

Discover why Aruba is called “One Happy Island” in Jason Silva’s new documentary *Blue Lizard Effect* premiering April 17th



During an evening under the stars at Arikok Park, in the presence of special guests, producers, and participants of the documentary, A.T.A. presented an exclusive screening of the documentary “Blue Lizard Effect”. It’s a groundbreaking documentary series that delves deep into the fascinating world of Aruba from a different angle; the series explores the energetic concept of happiness and the profound connection that the island’s culture, people, and nature provide for it. Aruba is portrayed as the stage where discussions about a happy life take place and how to focus on it.

Protagonist Jason Silva, a renowned figure in the television world, known for his storytelling, speaker at various important conferences, and

Emmy-nominated filmmaker, is at a pivotal moment in his life and is seeking transformation and a better understanding of the essence of a happy life. Jason does this in Aruba to discover why it’s called The Happy Island. The happiness of its inhabitants and how he can learn from each person he encounters and how this can help him achieve personal transformation. The documentary features local artists including Daexo Croes, Rolly Bislik, Kyra Hoeverts, Nichole Danser, Harold Kelly, Trudy Lampe, Watra, Armando Goedgedrag, Ethan Westera, Natusha Croes, Nathaly de Mey, Ciro Abath, showing their ways of life, why they feel happier, and how the elements keep them alive and active.



The series consists of four captivating episodes according to the four natural elements:

Episode 1 - Water: Immersed in the present as Jason Silva explores the importance of living on a Caribbean island like Aruba. Discover the profound influence of the sea on Aruban culture and identity through the eyes of three local individuals who inspire and connect with this elemental force.

Episode 2 - Earth: In the Earth episode, Jason Silva immerses himself in a quest to redefine happiness as he explores the historical and mystical origins of Aruba. Through an exploration of the island’s past, Silva embarks on a jour-

ney of self-discovery and enlightenment.

Episode 3 - Wind: Feeling the elemental force of the wind as Jason Silva encounters the importance of air in shaping Aruba’s identity and its unique concept of happiness. Explore how the island’s landscape is shaped by the forces of nature, leaving a permanent mark on its people.

Episode 4 - Fire: Discovering the transformative power of fire as Jason Silva reveals the essence of the “Blue Lizard Effect” and its profound impact on Aruba’s evolution. Experience the origin of the island and the spirit of constant and transformative renewal.

Starting April 17, 2024, the documentary can be watched on MAX, as well as the Warner Channel at 8 p.m. for four consecutive Tuesdays with a repeat on Thursdays at 11:30 a.m. in countries such as Colombia, Aruba, Ecuador, Argentina, Peru, Chile, and Venezuela. TNT: 6:00 PM for four consecutive Tuesdays with a repeat on Mondays at 11 a.m. in countries such as Colombia, Aruba, Chile, and Argentina. Finally, on Discovery at 4:30 p.m. for four consecutive Tuesdays with a repeat on Fridays at 8:30 a.m. in countries such as Argentina, Brazil, Colombia, Ecuador, Peru, Venezuela, and Chile. □

Lessons from our elders:

Plants and fruits for medicinal use (part 2)

(Oranjestad)—In last week’s edition, we shared with our readers some medicinal use for plants and fruits, passed down from our elders through generations. This week, we present two more uses of fruits and plants for medicinal use.

Sweet potato

According to our elders, sweet potato is mostly useful for low blood pressure. People who suffer from low blood pressure were advised to eat sweet potato 2 to 3 times a week. However, if you have high blood pressure, it is best not to eat too much sweet potato, as this raises blood pressure. Sweet potatoes are also great for people who work hard labor jobs, and it’s been

said to be aid blood circulation in the body, as well as help those with hemorrhoids or diarrhea.

Many of our elders opted to plant sweet potatoes themselves, mostly because of how easy it was to do so. Cut the end of a sweet potato let it sit in shallow water until it starts to sprout. Then you may plant it in the ground. Sweet potatoes need plenty of water to grow, especially in the first week in the ground. It was said that once you start to notice the ground crack underneath the flowers, it is time to harvest. This should happen around month 3.

Pomegranate

Pomegranates are also one of the easier fruits to plant and harvest.

Originated from Persia, this plant can grow almost everywhere. In Aruba, there are many homes that have a tiny or big pomegranate tree. You may be wondering what the difference is between a small and big pomegranate tree, for which the answer is based on harvest time. Tiny trees produce tinier pomegranates that can be harvested early on. Contrarily, big trees produce bigger pomegranates, but they need enough time to fully ripen before harvesting, otherwise you might end up with bitter seeds. Pomegranate trees are also very easy to plant. In essence, if you just throw the seeds on the ground, they could grow into a tree.



In terms of medicinal use, pomegranate skins are said to have a few benefits for our health. According to customs, pomegranate skin tea can help those that suffer from diarrhea. Dried pomegranate skin tea is also good for people who have worms. Pomegranate flowers can be boiled to make a drink and this can be used for irritated gums; just take a swig and let the tea sit in your mouth for a couple minutes. Source: Remedii Kustumber di nos Bieunan (Medicine and Customs of our Elderly) by Dinah Veeris □

CROSSWORD

By THOMAS JOSEPH

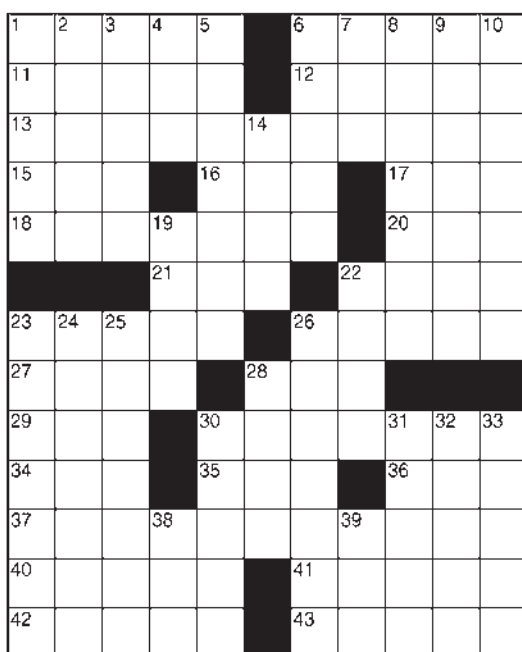
- ACROSS**
- 40 Follow as a result
- 1 Rodeo rope
- 6 — Rica
- 11 Pianist Schnabel
- 12 Cars
- 13 Retailers' astounding sale items

- DOWN**
- 1 Stows cargo
- 2 Scent
- 3 Bar perch
- 4 Califor- nia's Big —
- 5 Like planetary paths
- 6 Play groups
- 7 Ump's call
- 8 Clambake clam
- 9 Downpour
- 15 Angry rock
- 16 Follower's suffix
- 17 Verb for you
- 18 Greets the general
- 20 Chess pieces
- 21 Neon or helium
- 22 Trans- mitted
- 23 Boring tool
- 26 Pub game
- 27 "Rata- touille" rat
- 28 Sty resident
- 29 Shade tree
- 30 Sailing event
- 34 Game cube
- 35 Mine matter
- 36 Workout unit
- 37 Strikingly successful

SELMA PAPA
TRAIN AWARD
RANTO PESTO
ASK TRE TIN
WEATHER DECK
WED RULE
VIPER CAREY
ACRE LAW
LEATHER NECK
ELI AGO MAN
TAROT LEASE
SNIDE ELITE
DEED ROLES

Yesterday's answer

- 10 Gives approval
- 14 Purposes
- 19 Like an eyesore
- 22 Lengthy story
- 23 Searches the river
- 24 De- pendent
- 25 Enormous
- 26 Rumi- nates over
- 28 Andean nation
- 30 Spa
- 31 Pay for everyone
- 32 Pithy
- 33 Church areas
- 38 Tooth sur- rounder
- 39 Assam export



4-16

AXYDLBAAXR
is LONGFELLOW

One letter stands for another. In this sample, A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each day the code letters are different.

4-16

CRYPTOQUOTE

X Q S D P C Z M A A D N J X M U

K X Y U Z N P M , Q X I N A W P I M

K X Y U Z N P M . — Z . T . E .

Z W L P K Y Z K Z G

Yesterday's Cryptoquote: APRIL, THE ANGEL OF THE MONTHS, THE YOUNG LOVE OF THE YEAR. — VITA SACKVILLE-WEST

Cruise Schedule

TUE	09	SYMPHONY OF THE SEAS	08.00	21.00	I	1
WED	10	CARNIVAL MAGIC	07.00	15.00	B	1
		NORWEGIAN PRIMA	10.00	20.00	C	1
		MARELLA VOYAGER	08.00	20.00	I	1
THU	11	MSC DIVINA	07.00	14.00	B	1
		RHAPSODY OF THE SEAS	08.00	18.00	C	1
FRI	12	CARNIVAL PRIDE	09.00	22.00	C	1
		NORWEGIAN SKY	10.00	20.00	I	1
SAT	13	NORWEGIAN JADE	07.00	20.00	C	1
TUE	16	RHAPSODY OF THE SEAS	08.00	21.00	B	1
		CARNIVAL HORIZON	09.00	22.00	C	1
WED	17	ODYSSEY OF THE SEAS	08.00	23.00	C	1
SAT	20	NORWEGIAN PRIMA	10.00	19.00	C	1

Helpful tips for your stay on Aruba

(Oranjestad)—When traveling to another country, especially for the first time, it is always better to be over-prepared than under-prepared. That is why we have a list of basic—but important—information that we think may come in handy to Aruba's visitors.

lets used on the island: type A with two flat prongs; type B with two flat and one grounding prong, and on occasion, type F with two round prong and two earth clips on the side. However, Type A is most commonly found in homes and establishments.

Supermarket hours



Supermarket hours may vary depending on where you are staying on the island. Generally though, most supermarkets are open from 8am to 9 or 10pm, Monday through Saturday. On Sundays, supermarkets generally close earlier; mostly around 2pm.

Electrical power



Aruba generally operates on 110V to 127V supply voltage and 60Hz. There are also three types of out-

Drinking water



The water that flows through the sinks of every house, hotels and other establishments is distilled and perfectly safe to drink. Aruba's drinking water exceeds WHO's international standards for water quality, so there is no need to buy bottled water from the store.

Safety



Since February 2024, Aruba has been categorized as the safest country in the Caribbean by The Telegraph, and many tourist that visit have often told us how they feel safe to explore the island or walk around at night. However, rare incidents do occurs, so keep yourself and your belongings safe.

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Week 14/Unit 1308 (14k).
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1 BR WK 13 room 1129 \$7800
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remaining
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Noord	527 3200
Sta. Cruz	527 2900
San Nicolas	584 5000
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Fire Dept.	115
Red Cross	582 2219

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Taxi D.T.S.	587 2300
Taxi Serv. Aruba	583 3232
A1 Taxi Serv.	280 2828

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Jet Blue	588 2244
Surinam	582 7896

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It's Tax Day. And your refund may be big this year

By **FATIMA HUSSEIN**

Associated Press

WASHINGTON (AP) — On this Tax Day, refunds are looking a bit bigger for taxpayers.

According to the latest IRS statistics, the average income tax refund so far this season is \$3,011, up \$123 from last year. Two out of three taxpayers expect to receive a refund.

The IRS is promoting the customer service improvements the agency rolled out since receiving tens of billions in new funding dollars through Democrats' Inflation Reduction Act. Getting refunds out faster to some people in just over a week is part of the promotion. So far, the IRS has delivered more than \$200 billion in refunds through early April, and the latest agency numbers show that 101 million people have filed returns this tax season. From cutting phone wait times to digitizing more documents and improving the "Where's My Refund" tool to show more account details in plain language, agency leaders are trying to bring attention to what's been done to repair the image of the IRS as an outdated and maligned tax collector.

The promotion also in part is



The exterior of the Internal Revenue Service (IRS) building is seen in Washington, on March 22, 2013. **Associated Press**

meant to quickly normalize a more efficient and effective IRS before congressional Republicans threaten another round of spending cuts to the agency. So time is of the essence for both taxpayers and the agency. "This filing season, the IRS has built off past successes and reached new milestones," Treasury Secretary Janet Yellen said on a Friday call with reporters. "It's showing that when it has the resources it needs, it will provide taxpayers the ser-

vice they deserve."

"It's clear that we're seeing historic improvements in taxpayer service levels, and the agency is rebounding from some very tough and lean years during the past decade," said IRS Commissioner Daniel Werfel.

For most people, April 15 is the last day to submit tax returns or to file an extension. The IRS says call wait times have been cut down to three minutes this tax season, compared with the average 28 minutes in

2022. That has saved taxpayers 1.4 million hours of hold time and the agency has answered 3 million more calls compared with the same time frame. Also, the updated "Where's My Refund" tool giving more specific information about taxpayers' refunds in plain language was rolled out to 31 million views online.

Werfel told The Associated Press earlier this year that the agency's agenda is to deliver "better service for all Americans so that we

can ease stress, frustration and make the tax filing process easier and to increase scrutiny on complex filers where there's risk of tax evasion."

"When we do that," Werfel said, "not only do we make the tax system work better because it's easier and more streamlined to meet your tax obligations. But also we collect more money for the U.S. Treasury and lower our deficit. The IRS is a good investment."

Major new initiatives in recent months have included an aggressive pursuit of high-wealth earners who don't pay their full tax obligations, such as people who improperly deduct personal flights on corporate jets and those who just don't file at all.

This also is the first tax season that the IRS has rolled out a program called Direct File, the government's free electronic tax return filing system available to taxpayers in 12 states who have simple W-2 forms and claim a standard deduction. If Direct File is successful and scaled up for the general public's use, the program could drastically change how Americans file their taxes and how much money they spend completing them. □

The pilots union at American Airlines says it's seeing more safety and maintenance issues

DALLAS (AP) — The pilots union at American Airlines says there has been "a significant spike" in safety

issues at the airline, including fewer routine aircraft inspections and shorter test flights on planes returning

from major maintenance work. The union also says it has seen incidents in which tools were left in wheel wells and items were left in the sterile area around planes parked at airport gates.

A spokesman said Monday that union officials have raised their concerns with senior managers at the airline and were encouraged by the company's response.

American, which is based in Fort Worth, Texas, did not immediately comment on the matter.

The safety committee of the Allied Pilots Association said in an email to members Saturday that the

union "has been tracking a significant spike in safety- and maintenance-related problems in our operation." The union said American has increased the time between routine inspections on planes.

It also said American has ended overnight maintenance checks unless a plane is written up for special attention or due for scheduled maintenance and now does "abbreviated" test flights on planes returning to service after major maintenance checks or long-term storage.

The union asked its members to report any safety or maintenance problems.

"We all understand that aviation accidents are the result of a chain of events often a series of errors and catching just one of those errors could prevent a tragedy," the union said in the email.

Dennis Tajer, a pilot and spokesman for the union, said the union wants to be involved earlier in the process of assessing safety risks. He said the union spoke recently with senior management, "and management's initial response to our request was encouraging. We fully intend to do everything we can to assure that American maintains strong margins of safety." □



The American Airlines logo is stands atop the American Airlines Center, Dec. 19, 2017, in Dallas. **Associated Press**

Will Brennan homers, Guardians beat Red Sox 6-0 to spoil Boston's Patriots' Day game

By KEN POWTAK
Associated Press

BOSTON (AP) — Will Brennan hit a pinch-hit, two-run homer in the seventh inning and the Cleveland Guardians beat the Red Sox 6-0 on Monday in Boston's traditional Patriots' Day game. José Ramírez and Gabriel Arias each added an RBI double for Cleveland, which has started 8-2 on the road.

Wearing their white jerseys with red letters that read "Boston" across the front, which was inspired by the first game back after the Boston Marathon bombings in 2013, the Red Sox were held to three hits.

Boston left fielder Tyler O'Neill had to leave the game in the eighth after colliding with third baseman Rafael Devers when the two were chasing a shallow pop up.

"He has a big gash here," Red Sox manager Alex Cora said while pointing at his forehead, talking about O'Neill. "He got eight stitches. He's going through the concussion protocol, hopefully everything's fine."

Cora said Devers told him he feels fine, but would go through concussion protocol.

Making his season debut after starting on the injured list due to a viral illness, Guardians starter Xzavion Curry held the Red Sox to two singles over five innings.



Cleveland Guardians' Will Brennan follows through on his two-run home run in front of Boston Red Sox catcher Reese McGuire during the seventh inning of a baseball game, Monday, April 15, 2024, in Boston.

"It's tough to get the body going for an 11 a.m. game," Guardians manager Stephen Vogt said. "He was hungry for the start. We could have started at 6 this morning and I think he would have been ready to go."

The 25-year-old righty was isolated in the team's hotel in spring training for days and lost 15 pounds. He looked ready to go for the 11:13 a.m. first pitch after a pair of minor-league rehab starts, where he posted a 1.29 ERA with eight strikeouts over seven innings.

"Actually, when I had a

rehab start I had to pitch during the day," Curry said. "I kind of like pitching during the day because I can wake up and I'm right at it. I don't have to let my mind ponder how the game's going to go. I can wake up and kind of get to it."

Brennan hooked his homer around the Pesky Pole in right off reliever Brennan Bernardino (0-1).

Tim Herrin (1-0) worked two innings of hitless relief for the win.

Boston right fielder Willyer Abreu made a splendid leaping, over-the-shoulder catch before he tumbled

into the base of the bullpen wall on Ramirez's fly ball in the first inning.

Boston has been scheduled to play on Patriots' Day in Fenway Park every year since 1959. The game is played in conjunction with the running of the Boston Marathon that passes through Kenmore Square, which is a block behind the Green Monster and about a mile from the finish line.

Former New England Patriots player Rob Gronkowski spiked the ceremonial first pitch, going to the stretch before throwing it into the mound. It brought a huge

roar from the crowd. Red Sox starter Kutter Crawford struck out six over 5 2/3 scoreless, giving up two hits. "Some guys that are scuffling right now, but we should be OK," Cora said about his team's offense.

TRAINER'S ROOM

Guardians: President of baseball operations Chris Antonetti said LHP Logan Allen was fine after getting hit on the pitching elbow in Sunday's walk-off win over the Yankees. "One of the underlying stories that likely got overshadowed was Logan getting hit," he said. "Thankfully it looks like he's OK." ... Ramirez fouled a ball off his shin but stayed in.

Red Sox: Third baseman Devers returned to the lineup after missing the previous four games with a sore left shoulder. ... Cora said RHP Nick Pivetta (right elbow flexor strain) felt good after throwing for the second time Sunday, but there was no timetable yet on his return.

UP NEXT

Guardians: RHP Tanner Bibbee (1-0, 5.93 ERA) looks to rebound from a rough start on Tuesday in the second of the four-game series. In his previous outing, he gave up five runs in 4 1/3 innings against the White Sox on April 10.

Red Sox: RHP Garrett Whitlock (1-0, 1.26) is in line to start for Boston. □

Boston reliever Kenley Jansen says slick baseballs hard to control

By MAUREEN MULLEN
Associated Press

BOSTON (AP) — Kenley Jansen is upset with the quality of baseballs.

"I got to get better, but also if you're playing in the cold weather, windy, and you get pearls balls out there that's not rubbed well, I don't know where the ball's going," the Boston reliever said after Sunday's 5-4 win over the Los Angeles Angels.

The 36-year-old right-hander entered with a two-run lead, hit Logan O'Hoppe leading off, then gave up a single,

walk and Anthony Rendon's sacrifice fly before striking out Luis Rengifo and Mike Trout for his fourth save in four chances.

Jansen tied John Franco for fifth place with his 424th save. "I don't hit guys, I don't walk people this much. And I start to get frustrated." Jansen said. "Any balls that came, I just throw it back 'til when I find a good ball. And it's just brutal."

Jansen said bullpen balls were better rubbed than game balls.

"It's embarrassing. It's been a

while I've been playing in this league and, from the beginning of my career until now, it's getting worse," he said. "It's been an issue the whole year," he said. "I've been talking to a lot of my teammates and they feel the same way. First pitch, get out of my hand, I don't know where it's going. Second pitch, the same thing. Then, I tried to throw a ball down the middle, just keep going down. It's tough trying to make an adjustment and also you have the clock ticking." □



Boston Red Sox's Kenley Jansen reacts after striking out Los Angeles Angels' Mike Trout to end a baseball game Sunday, April 14, 2024, in Boston.

Associated Press

Ethiopia's Sisay Lemma wins Boston Marathon in runaway. Kenya's Hellen Obiri repeats in women's race

By JIMMY GOLEN

AP Sports Writer

BOSTON (AP) — Sisay Lemma scorched the first half of the Boston Marathon course on Monday, setting a record pace to build a lead of more than half of a mile.

Then the weather heated up, and the 34-year-old Ethiopian slowed down.

After running alone for most of the morning, Lemma held on down Boylston Street to finish in 2 hours, 6 minutes, 17 seconds — the 10th fastest time in the race's 128-year history. Lemma dropped to the pavement and rolled onto his back, smiling, after crossing the finish line.

"Until halfway through I was running very hard and very good. But after that it was getting harder and harder," said Lemma, who failed to finish twice and came in 30th in three previous Boston attempts. "Several times I've dropped out of the race before. But today I won, so I've redeemed myself."

Hellen Obiri defended her title, outkicking Sharon Lokedi on Boylston Street to finish in 2:27:37 and win by eight seconds; two-time Boston champion Edna Kiplagat completed the Kenyan sweep, finishing another 36 seconds back.

Obiri also won New York last fall and is among the favorites for the Paris Olympics. She is the sixth woman to win back-to-back in Boston and the first since Catherine "the Great" Ndereba won four in six years from 2000 to '05.

"Defending the title was not easy. Since Boston started, it's only six women. So I said, 'Can I be one of them? If you want to be one of them, you have to work extra hard,'" she said. "And I'm so happy because I'm now one of them. I'm now in the history books in Boston."

Lemma, the 2021 London champion, arrived in Boston with the fastest time in the field just the fourth person ever to break 2:02:00 when he won in Valencia



Boston Marathon men's division winner Sisay Lemma, of Ethiopia, left, and women's division winner Hellen Obiri, of Kenya hold up the trophy at the Boston Marathon, Monday, April 15, 2024, in Boston.

Associated Press

last year.

And he showed it on the course Monday, separating himself from the pack in Ashland and opening a lead of more than half of a mile.

Lemma ran the first half in 1:00:19 99 seconds faster than Geoffrey Mutai's course record pace in 2011, when his 2:03:02 was the fastest marathon in history.

Fellow Ethiopian Mohamed Esa closed the gap through the last few miles, finishing second by 41 seconds; two-time defending champion Evans Chebet was third.

Each winner collected a gilded olive wreath and \$150,000 from a total prize purse that topped \$1 million for the first time.

On a day when sunshine and temperatures rising into the mid-60s left the runners reaching for water to drink, and to dump over their heads Obiri ran with an unusually large lead pack of 15 through Brookline before breaking away in the final few miles.

Emma Bates of Boulder, Colorado, finished 12th her second straight year as the

top American. Again, she found herself leading the race through the 30-kilometer mark, slapping hands as she ran past the Wellesley College students chanting her name before fading on the way out of Heartbreak Hill.

"I thought last year was crazy loud, but this year surpassed that completely," Bates said.

"It was such a nice day for the spectators. Not so nice for the runners; it was pretty hot."

CJ Albertson of Fresno, California, was the top American man in seventh, his second top-10 finish.

Switzerland's Marcel Hug righted himself after crashing into a barrier when he took a turn too fast and still coasted to a course record in the men's wheelchair race.

It was his seventh Boston win and his 14th straight major marathon victory.

Hug already had a four-minute lead about 18 miles in when he reached the landmark firehouse turn in Newton, where the course heads onto Commonwealth Avenue on its

way to Heartbreak Hill. He spilled into the fence, flipping sideways onto his left wheel, but quickly restored himself.

"It was my fault," Hug said. "I had too much weight, too much pressure from above to my steering, so I couldn't steer."

Hug finished in 1:15:33, winning by 5:04 and breaking his previous course record by 1:33. Britain's Eden Rainbow-Cooper, 22, won the women's wheelchair race in 1:35:11 for her first major marathon victory; she is the third-youngest woman to win the Boston wheelchair race.

The otherwise sleepy New England town of Hopkinton celebrated its 100th anniversary as the starting line for the world's oldest and most prestigious marathon, sending off a field of 17 former champions and nearly 30,000 other runners on its way.

Near the finish on Boylston Street 26.2 miles (42.2 kilometers) away, officials observed the anniversary of the 2013 bombing that killed three and wounded hundreds more.

Sunny skies and minimal wind greeted the runners, with temperatures in the 40s as they gathered in Hopkinton rising to 69 as the stragglers crossed the finish line in the afternoon. As the field went through Natick, the fourth of eight cities and towns on the route, athletes splashed water on themselves to cool off.

"We couldn't ask for a better day," former New England Patriots tight end Rob Gronkowski, the grand marshal, said before climbing into an electric car that would carry him along the course.

"The city of Boston always comes out to support, no matter the event. The weather is perfection, the energy is popping."

The festivities began around 6 a.m., when race director Dave McGillivray sent about 30 Massachusetts National Guard members off. Lt. Col. Paula Reichert Karsten, one of the marchers, said she wanted to be part of a "quintessential Massachusetts event."

The start line was painted to say "100 years in Hopkinton," commemorating the 1924 move from Ashland to Hopkinton to conform to the official Olympic Marathon distance. The announcer welcomed the gathering crowds to the "sleepy little town of Hopkinton, 364 days of the year."

"In Hopkinton, it's probably the coolest thing about the town," said Maggie Agosto, a 16-year-old resident who went to the start line with a friend to watch the race.

The annual race on Patriots' Day, the state holiday that commemorates the start of the Revolutionary War, also fell on One Boston Day, when the city remembers the victims of the 2013 finish line bombings. Before the race, bagpipes accompanied Gov. Maura Healey, Boston Mayor Michelle Wu and members of the victims' families as they laid a pair of wreaths at the sites of the explosions. □